

# YOGA Schedule

## February

Feb. 2<sup>nd</sup>-Feb. 28<sup>th</sup>

Please Join Us & Try A Class!  
Yoga Classes Are Included in  
Membership/\$5 Drop-In  
Fee Non-Members



Jessica Stalvey, Fitness Coordinator  
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### Monday

8:00am-8:50am  
Somatic Stretch  
Yoga  
Pam R.  
Fitness Room  
Class Only 2/2 & 2/9



8:00am-8:50 am  
Yin Yoga  
Pam R.-  
Fitness Room  
Class Only  
2/16 & 2/23



9:00am-9:45am  
Mat Pilates  
Pam R.  
Fitness Room



10:00am-10:55am  
Gentle Vinyasa  
Flow Yoga  
Pam R.  
Fitness Room



6:15pm-6:55pm  
Yoga Stretch  
Amy  
No Class 2/9  
Fitness Room



### Tuesday

8:00am-8:50am  
Sculpt-N-Flow Yoga  
Lisa  
Fitness Room



11:10am-12:00pm  
Chair Yoga  
Brigette  
Fitness Room



### Wednesday

8:00am-8:50am  
Wednesday Morning Gentle  
Yoga  
Evita- 4<sup>th</sup> & 18<sup>th</sup>  
Linda C.  
11<sup>th</sup> & 25<sup>th</sup>  
Fitness Room



10:00am-10:50am  
Gentle Vinyasa Flow  
Yoga  
Pam R.  
Fitness Room



4:30pm-5:15pm  
Beginner's Mat Pilates  
Pam R.  
Fitness Room



5:30pm-6:15pm  
Slow Flow  
Pam R.  
Fitness Room



6:25pm-7:00pm  
Restorative  
Pam R.  
Fitness Room



### Thursday

8:00am-8:50am  
Vigorous Yoga  
Evita-  
5<sup>th</sup> & 19<sup>th</sup>  
Fitness Room



8:00am-8:50am  
Gentle Yoga  
Janeen-  
12<sup>th</sup> & 26<sup>th</sup>  
Fitness Room



11:10am-12:00pm  
Chair Yoga  
Brigette  
Fitness Room



### Friday

8:00am-9:00am  
Instructor Choice  
Kimberly  
Fitness Room



9:00am-9:50am  
Yogalates  
Autumn  
Fitness Room



### Saturday

9:30am-10:25am  
Mat Pilates  
Fitness Room  
Pam R.  
2/14



10:35am-11:35am  
Saturday Instructor  
Choice Yoga  
Fitness Room  
Pam R.-  
2/7, 2/14, 2/21 & 2/28



## YOGALATES

# Yoga Class Descriptions

**Beginner's mat Pilates:** is a low-impact, full-body workout performed on a mat using body weight for resistance, focusing on controlled movements to build core strength, improve flexibility, and enhance body awareness. It teaches fundamental principles of Pilates like [breathing](#), [control](#), and [centering](#), making it an accessible starting point for people of all fitness levels to develop a strong foundation for better posture, balance, and coordination

**Gentle Vinyasa Flow Yoga:** Gentle Vinyasa is a type of yoga that combines the flowing movements of Vinyasa Yoga with a slower and an easier pace when compared to a typical Vinyasa Flow class. It's a good option for beginners, or those interested in a step above Gentle Yoga. Transitions from sitting to standing poses will be taught on a mat at beginning/ intermediate level. Participants can expect a flowing pace that is meditative and emphasizes peace and calm.

**Slow Flow Yoga :** Join us for this ultimate relaxation yoga experience! Class will work through 5 basic poses very gently accompanied with mindfulness practices ! Expect all mat work with no standing positions or transitions. .\* Personal blankets and pillows are encouraged\*

**Somatic Yoga :** Somatic yoga's focus on gentle, mindful movements can help to increase joint mobility, muscle flexibility, and overall physical strength.

**Wednesday/Thursday :** Wednesday morning Yoga @ 8am is devoted to gentle style poses with easy transitions all work will be done on the floor using Yoga Mats ☺ Thursday morning routines will be more vigorous implementing Vinyassa Flow sequences accompanied with deep breathing exercises.

**Yoga Stretch:** This is a perfect way to unwind with gentle stretches for the entire body accompanied with basic Yoga poses to enhance flexibility!

**Yoga “Chair”** Gentle yoga poses from a chair position. Great opportunity for those who want to avoid having to get down on the floor.

**Yogalates:** This Class focuses on basic Pilates principles & Yoga techniques that strengthen core muscles, increase flexibility, improve breath control and correct alignment to improve posture. Simple choreography and clear instruction makes this class accessible to both beginners that haven't exercised in years or people who exercise regularly.

**Yin Yoga :** It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. This is contrast to a Yang yoga practice such as Vinyasa yoga which targets the muscles.